

Vinter Træning fra Uge 1/1-2026 - 31/3-2026

Version 3	Kunst			Hal 1 (Store Hal)	Hal 2 (Lille hal)	
Mandag			Fredag			
19:00 - 19:30	Dame Senior	U16 P	16:00 - 17:00	U10 D		
19:30 - 20:00			17:00 - 18:00	U13/14 D		
20:00 - 20:30			18:00 - 19:00			
20:30 - 21:00	Herre Senior	U19 D	19:00 - 20:00			
21:00 - 21:30			Lørdag			
21:30 - 22:00			08:00 - 09:00	Oldboys/Veteran		
Tirsdag			09:00 - 10:00	U8-11 P	U8-11 P	
16:00 - 16:30	U8-11 P	U8 (16:30 - 17:30)	10:00 - 11:00	U11 D		
16:30 - 17:00			11:00 - 12:00	U12 D		
17:00 - 17:30			12:00 - 13:00			
19:00 - 19:30	U16 P	Oldboys/Veteraner				
19:30 - 20:00						
20:00 - 20:30						
20:30 - 21:00						
21:00 - 21:30						
21:30 - 22:00						
Onsdag						
16:00 - 16:30	U9 D (16:30 - 17:30)	U10 D (16.30 - 17.30)				
16:30 - 17:00						
17:00 - 17:30						
17:30 - 18:00	U11 D	U12				
18:00 - 18:30						
18:30 - 19:00						
19:00 - 19:30	Herre Senior	U19 D				
19:30 - 20:00						
20:00 - 20:30						
20:30 - 21:00						
21:00 - 21:30						
21:30 - 22:00						
Torsdag						
16:00 - 16:30	U8 D					
16:30 - 17:00						
17:00 - 17:30						
17:30 - 18:00	U13/14 D					
18:00 - 18:30						
18:30 - 19:00						